



# Stepping On

Building confidence,  
reducing falls

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Join this 7-week workshop where  
you'll learn exercises and strategies  
to help prevent you from falling.

## **2 – Separate Workshops**

### **Building Confidence And Reducing Falls**

**An effective program for  
Older people**



Wisconsin Institute  
for Healthy Aging



## **Why Should I be Concerned about Falling?**

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

## **Did you know?**

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.

## What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

### Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home



## Here's what some workshop participants have to say:

*"When I'm walking I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling outside! It has made me more aware of the way I walk."*

*"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."*

## Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 65 or older
  - Has had a fall in the past year
  - Is fearful of falling
  - Lives at home
  - Does not have dementia
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**CLASS LOCATION:**

**Mohican Family Center –  
Aerobics Room  
N8605 Oak Street  
Bowler, WI 54416**

**WHEN:**

**1<sup>st</sup> Workshop - Thursdays  
April 2, 2015-May 14, 2015  
1 pm – 3 pm**

**2nd Workshop –Tuesdays  
May 19, 2015-June 30, 2015  
9:30 am – 11:30 am**

**HOW TO REGISTER:**

**Contact:**

**Laura Moede@715-793-4240  
Kristy Malone@715-793-4236**

**COST:**

**FREE FOR BOTH 7 WEEK  
WORKSHOPS**

For a workshop schedule, visit the  
Wisconsin Institute for Healthy  
Aging - [wihealthyaging.org](http://wihealthyaging.org) - or call  
1-800-333-1380, (then press 2).

## **Sponsored By:**

**Stockbridge-Munsee**

**Health & Wellness Center**

**S-M Elderly Services/ADRC**

**Wolf River Region**



**Wisconsin Institute  
for Healthy Aging**

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